



Jan. '11

The Mountain Yodeler

YODELER YARD SALE
JAN. 15, 16, 22 AND 23 (SEE PAGE 3)

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Lake Hughes, CA

Jan. 1, 2011 Volume 11 No. 1

Serving Lake Hughes, Elizabeth Lake, Leona Valley, Green Valley, Three Points and Neenach

Distribution: 2,500

Fake Cop Arrested

By Norm Judd

Senior staff writer

Community Policing

Deputy Robert Ferrell,

Palmdale Station, arrested

Pine Canyon resident Angela

V. Marsala, 33, for impersonating a peace officer.

During a Probation Sweep

on November 17, 2010

Deputy Ferrell could not

locate Dale White, a probationer with an outstanding

warrant, at a residence in the

26000 block of Pine Canyon.

But then Ferrell saw Angela V.

Marsala driving a golf cart

with a male passenger.

As deputies approached,

Marsala and the male

dumped the golf cart and fled

into the brushy area. After a

search, both were located.

Sure enough, the male

was Dale White. He was

arrested on the warrant and

when deputies saw that

Angela Marsala was wearing

a black shirt with lettering,

"Police" front and back and a

replica of a California state

police officer badge and the

state seal, they also arrested

her for misrepresenting herself as a peace officer.

Additionally, Marsala was

determined to be on probation.

Both were booked at

Palmdale Station. According

to Deputy Ferrell, "Anyone

would have believed Marsala

was a peace officer and that's

a violation."

Ferrell said Marsala

explained that she had bought

the shirt at a second hand

store. Ferrell asked that any-

one who might have been vic-

timized by a police imperson-

ator call him at 272-0919.

Anyone who "misrepres-

sents oneself as peace offi-

cer" has committed a crime

under section 538 of the

California Penal Code.



The Lakes and Valleys Conservancy is Keeping Elizabeth Lake Clean. Left to Right: Louisa Stephen, Robin Kennard, Debbie Ehms, Alesia Robertson, Tena Wagner and Karen Graham

Conservancy Picks up Trash

Heron Killed by Fishing Twine

By Louisa Stephen, president,

Lakes and Valleys Conservancy

I am delighted to report that the

Lakes and Valleys Conservancy

(LVC) is working with the United

States Forest Service to maintain

Elizabeth Lake.

LVC has offered to help keep

the Forest Service side clean and

we also hope to work together to

provide educational opportunities to

the public about the diverse and

beautiful wildlife that lives there.

We had a small trash pickup

day on November 27, 2010. We

collected ten bags of trash in two

and a half hours and I thank our

members and volunteers who

braved the icy wind and developed

sore backs. (We could use some

of those trash pickup tongs!)

The most disturbing find was a

dead heron that had its feet wound

up in fishing line. People need to

dispose of their fishing line and

other trash in the receptacles provided

and not throw it to the wind.

See *Conservancy*, page 2

Code 7 Ministries Thanks The Lakes and Valleys

By Glenn McConnell

Code 7 Ministries began several years ago. The name was born out of my relationship with the Los Angeles Police Department (LAPD). I started with the LAPD 43 years ago in a civilian capacity. In 1975, I became a police officer. The phrase, "Code 7" is the terminology used to request a food break while on patrol.

I retired in 2008 and immediately became a level one reserve police officer. Having some extra time available (not working 40 to 80 hours a week) and seeing our economic troubles (unemployment and high cost of living), God put it on my heart to begin this ministry.

Code 7 Ministries is supported by the folks living in the Lakes and Valleys areas. Currently, it is a dry food ministry. When the pantry gets low, I send God a knee-mail and loving anonymous people leave food on my front porch.

Last year, the ministry was expanded to include firewood. Again, folks just started showing up and donating firewood. I recall that some of the wood needed splitting. Sent another knee-mail and came home a few days later to find that a local group had come by and split and stacked the wood. This year, a wonderful local family who wishes to remain anonymous has donated firewood. God is good....all the time!

If you are in need of food and/or firewood or if you would like to donate food and/or firewood, please call me (Glenn) at 270-9016. Code 7 Ministries is covered under a 501(c)(3) (non-profit) and tax receipts are available.

Copper Fire Lawsuit Settled

By Shawny Keltenbach
Staff writer

The 2002 Copper Hill Fire court proceedings are settled, but local residents may never recover their former lives, regardless of the final judgment in their favor.

Plaintiffs were up against Chicago Bridge & Iron, the corporation that hired Merco Construction to build two water tanks for client Newhall Water.

It was revealed during the trial that CB&I and Merco failed to follow state fire codes and standard fire safety protocols that resulted in the 17,000-acre disaster in San Francisco Canyon.

Plaintiff Martin Kelly lost a barn built in the early 1900s, a possible historical landmark. The rare old barn and the stately Oak trees were the primary reasons Kelly fell in love with his property.

Old buildings are not common in areas of the San Francisco Canyon because of the destruction of 900 buildings when the St. Francis dam broke March 12, 1928. In that disaster, a 140-foot wave crashed through the valley, wiping out everything in its path.

See *Copper Fire*, page 2

**THE MOUNTAIN
YODELER**

Deadline for ads, payments and articles for the Feb. 1 issue is Jan. 15.

Payments: Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

For more information, call 965-2201 or 724-1293. dahlia.grossman@verizon.net

Conservancy

From page 1

Unfortunately, tragic instances of wildlife becoming trapped like this are all too common.

In addition, we found some 16 diapers, countless styro-foam bait containers, more fishing line, bottle caps, numerous plastic bags, cigarette butts, large pieces of carpet, many beer and alcohol bottles – both whole and broken, a Blackberry phone and an unopened can of green beans.

All of these items are a health hazard to people and wildlife, alike. I must say that I was heartened by the enthusiastic responses we had from visitors who applauded our efforts.

Please be sure to join us for our next event in 2011. Check *The Mountain Yodeler* or follow us on Facebook or contact us at P.O. Box 814, Lake Hughes, CA 93532 or call 661.886.3015.

Also, a heartfelt "Thank you" to those of you who made donations to the Conservancy. We greatly appreciate your support.

Copper Fire

From page 1

The fallout continues for Kelly. While researching steps to build a comparable barn, he discovered L.A. County wants upwards of \$300,000 in improvements, including indoor sprinklers, in order to comply with building codes. A new water divergence system must be engineered to the tune of \$100,000 because of the mudslides from the loss of vegetation. The system also must "blend" with the landscape, per the county.

Arborists estimated \$450,000 in damage to the California Live Oaks during the Copper Fire. When asked if he was going to start replanting his trees, he confessed he was tired and needed a break. Kelly was the last of the 22 plaintiffs to settle and it took seven rigorous years of his own research and steady legal work to try to recoup his losses.

Kelly's attorney wanted to settle early to avoid the costs associated with fighting multi-billion dollar corporations. But Kelly went

heavily into debt in order to keep his case going.

What motivated Kelly to continue after the other plaintiffs backed out or settled for as little as ten to fifty cents on the dollar? Kelly said his thoughts kept returning to the news story of Steven Butcher. Butcher had been sentenced to four years in prison and fined \$101.6 million for accidentally starting the Los Padres Forest Fire. Butcher was treated like a criminal regardless of numerous mental and physical ailments.

There's a disparate difference when you consider the two cases. Prison was never even brought up in the case of Kelly vs. CB&I. Instead, Kelly et al, found they had to constantly justify their claims regardless of the enormity of their losses. In court, the plaintiffs were up against AIG, CB&I's insurance company.

Large Insurance companies often have reputations for spending huge sums to outmaneuver and legally bludgeon their plaintiffs. In Kelly's opinion, AIG would have saved countless thousands if they had just tried to make things right. Their useless appeal cost Kelly an additional \$125,000.

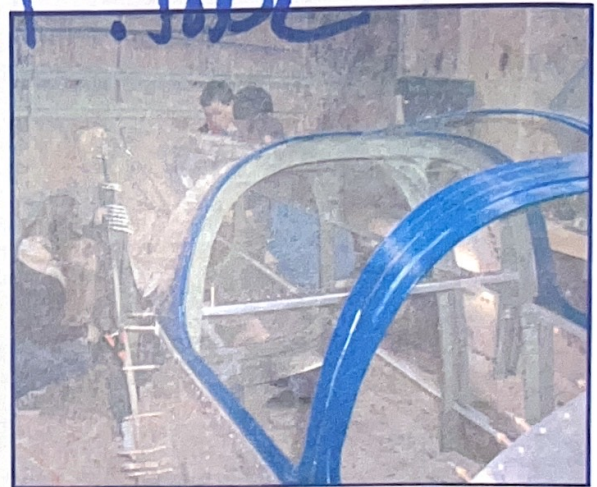
After the verdict, and CB&I were found guilty of recklessness and negligence, and the U.S. Attorney finally decided to sue for the cost of damages to the forest and containment of the wildfire.

After a very short trial the people of the U.S. were awarded \$34 million dollars, which was also upheld on appeal.

Kelly ultimately stood alone in his fight to recover a fraction of the value awarded for his losses. The thirty-five years of his life Kelly spent building his retirement home was lost with one reprehensible act. CB&I's contractors used no fire watch, no shields, no brush clearing, and no water on the surrounding brush on that typical hot windy day.

Most of the plaintiffs gave in, but not Kelly. His strength and perseverance during some really dark moments is truly an inspiration.

"Judge and jury were most generous. They not only reimbursed me for my time and trouble but for the devastation they cause to my property, and the ruin of my retirement," said Kelly.



Teens Continue to Build Airplane in Leona Valley

By Tony Unger

The Southern California Aviation Mentoring Program, headquartered in Leona Valley, is growing fast!

Due to the huge response to the previous article about the program in *The Yodeler*, we have a great group of new attendees. In November we received notification that we were approved for a grant from Northrup Grumman for core operating funds to be used to expand the program into the Palmdale/Lancaster area.

We are currently planning our first annual benefit concert to help raise funds for this program. The concert will be on Sunday, April 10, 2011 (everyone save the date!!!) at the Lancaster Performing Arts Center and will feature music by The Folk Collection (who perform nationally and present music from the 60s). You'll also have an opportunity to meet our kids and see what they've accomplished and hear from some folks in the aviation community.

Immediately following the concert, The Folk Collection has graciously offered to hold a "Hootenanny" and invites anyone interested to bring their guitars, banjos and ukuleles to come and jam.

For further information, you can visit www.thefolkcollection.com or contact Tony Unger, Program Manager at 661-510-6351. For information about SCAMP, go to www.avscamp.net.

Tickets for this benefit concert will be available at Lancaster Performing Arts Center, 750 W. Lancaster Blvd., Lancaster, 661-723-5950, after the first of the year. All Tax Deductible donations can be made payable to Antelope Valley Partners for Health (indicate SCAMP in the memo), 45104 10th Street West, Lancaster 93534.....661-942-4719 Ext. 461.

Photo: Members of SCAMP work on their plane in Leona Valley.

NOTICES

JANUARY 1. ANNUAL Christmas Tree Burn at the Lakes Community Center. Dropoff trees from 4 to 6. Canceled in case of high winds.

Call Fire Fighters needed for Green Valley and Leona Valley. Call John Grimm at 270-1628.

HAM OPERATORS NEEDED in all communities, especially Green Valley. Please call Doris 609-3888 or the FSC 270-9911.

**Angeles Forest Valleys & Lakes
Fire Safe Council**

wishes you a

HAPPY Fire Safe COUNCIL

NEW YEAR

**THANK YOU FOR
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ALL YEAR!
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HUGE YARD SALE to benefit *The Mountain Yodeler*

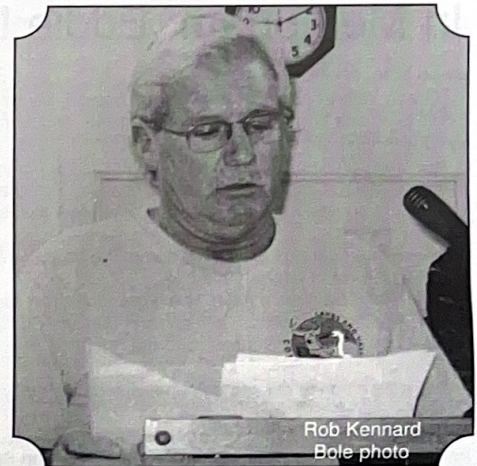
*If you want The Yodeler to continue thru 2011, we really need your support. Please come by and buy something. We will have very **low prices** and an entire building full of good quality merchandise. The sale will be indoors, so it will happen, rain or shine.*

**Saturday & Sunday
January 15 and 16
and January 22 and 23**
(indoors) at the
Lakes Community Center

**We need donations of
saleable items.**

Please bring items on Friday, Jan. 14
between 10 am and 4 pm or
Sat., Jan. 15 from 10 to noon.

If you want to drop off stuff in advance or
need someone to pick it up, please call
Dahlia at 724-1293.



Rob Kennard
Bole photo

CERT Asks for Use of Radio Tower

By Lu Bole, senior staff writer

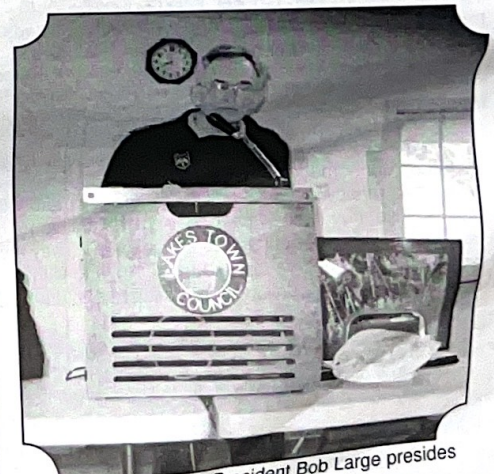
Rob Kennard asked the Lakes Town Council to support CERT's request to the U.S. Forest Service to improve the emergency communications for all of the Lakes and Valleys communities.

It is well known that Green Valley, for example, is considered to be in a "communications black hole" as far as emergency radio contacts are concerned. In an emergency, such as a major earthquake, communication with outside entities, such as hospitals, fire personnel, police, etc. would be critical.

The proposal asks that the Forest Service consider adding a "piggyback" to their existing tower on Grass Mountain that would allow reliable radio communication between all the communities, as well as with A.V. Hospital to be feasible.

Norm Hickling, the Fire Department and the Sheriff's Department all support such an action.

Rob Kennard, on behalf of CERT, will bring the proposal to each of our local town councils asking for their support.



Lakes Town Council President Bob Large presides over the December meeting. Bole photo.

In Memoriam: Eddie Lye

By Lu Bole, senior staff writer

Green Valley has lost a truly unique person. My neighbor, Eddie Lye, was born on December 10, 1946, and went home to be with the Lord on Tuesday, December 14, 2010.

He was survived by his wife of 29 years, Stephanie, and children Edwin (Carol) Lye, Angela, Christine, Shawna, Chrystal (Jeff) La Flamme, Falishia (Kelly) McWilliams, James and Jeremy Lye.

James and Jeremy are still at home; the others are grown and live outside of Green Valley.

Eddie and Stephanie have seven grandchildren: Brandon, Alexis, Alexia, Nina, Elijah, Joseph, and Marilyn. Eddie also is survived by his sister, Darlene, and her husband, Ralph Struthers.

He will be sorely missed by numerous other family members and friends.

Eddie had been a part of Green Valley since he was 16, living here with his mother since the 1960s. He and Stephanie made their home here for more than 20 years, since his mother passed away.

Eddie always had a smile and a wave for anyone passing by his home, which was just up the street from my house. I never saw him frown.

His wife, Stephanie, said this about him: "He had a way of comforting people, and making people feel loved and valued, always encouraging them. He could even make strangers feel like family. He loved life to the fullest. He had a kid-like spirit, and all children loved him."

Christmas was his favorite time of year, and Christmas music always made him smile.

Services were held at the Green Valley Charitable Hall on Friday, December 17, 2010.

In lieu of flowers donations can be made to the family, 15444 Spunky Cyn. Rd., Green Valley, CA 91390

Gang Members Escape from Camp Munz

By Norm Judd, senior staff writer

Two juvenile members of the violent MS13 street gang escaped from Camp Munz on December 14, 2010.

Resident Deputy Bob Schneider told The Mountain Yodeler, "One 16 year-old was serving time for Auto Theft and the other for Assault With A Deadly Weapon. One would have been released in February and the other next July."

According to Schneider, "They broke into the unoccupied home of Brian and Dawn Baertlein on Pine Canyon Road, where they changed out of their jail clothes, stole a white '96 Subaru Legacy, and probably headed to Los Angeles where they both live."

Probably fortunately, no one was home at the time of the burglary but homeowner Brian Baertlein said, "They broke a couple of windows, apparently cut themselves and left blood stains. Also they took a laptop, savings bonds, some cash, and video games amounting to about \$5000. They also drank some beer and took sodas and food." Anyone with information about circumstances following the escape should call 272-2400, Palmdale Sheriff's Station.

Editors note: MS13 is considered "the most dangerous gang in America." Originating in Los Angeles circa 1980 among El Salvadorian immigrants, the gang has spread dramatically into as many as 42 states, Mexico, and Canada.



Contestants Needed for 2011 Lakes Queens Pageant

There is still time to register for the 2011 Lakes Queens Pageant and CONTESTANTS ARE NEEDED. Practice begins on Wednesday, January 19, 2011 at the HELUS auditorium. Registration deadline is Wednesday, January 26, 2011.

Please contact Cindy Alcott (661.622.7017) for further information regarding the Miss and Jr. Miss Pageants; and Heidi Gesirich (661.724.3077) for further information regarding the Little Miss Pageant.

Please come. We look forward to seeing you!

Homeowner Struggles to Rebuild After Fire

Roger Maw appealed to the Lakes Town Council about his mother's home on Elizabeth Lake Road, which burned down about two years ago.

His mother would like to rebuild, but the regulations in the Lakes CSD, and new codes, concerning required setbacks, and developed long after the house was originally built, have made it exceedingly difficult, as well as frightfully expensive.

Mr. Maw asked if the Town Council could write a letter of support for his mother to rebuild "on the same footprint" as the original house.

It was stated that the CSD has in place the possibility of a waiver, on a case-by-case basis. All present at this meeting indicated that they had no problem with Mr. Maw's request, but that anyone interested should go to the Lakes website, review the situation, and make any appropriate comments.

It was suggested that responses be invited from concerned residents reading this article.



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<p style="text-align: center; font-weight: bold;">10% off any repair. Labor only</p>	<p style="text-align: center; font-weight: bold;">*TUNE-UP</p> <p style="text-align: center;">4 Cylinders starting at \$39.95 Includes: replace spark plugs, check & adjust timing & idle speed (if applicable) 6 & 8 Cylinders extra</p>	<p style="text-align: center; font-weight: bold;">We install hitches. Call for details.</p>	
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Merrie Profitt Sertoma Volunteer of the Year

All are merry, who know Merrie Profitt! She has the most positive outlook on living and can be quoted as saying, "I love my life!" She, in fact, plans to live to be 88 because eight is her favorite lucky number.

Merrie Alice is a California gal born and bred. Arriving on March 12, 1944, she is the last of 12 children – remember the movie *Cheaper By The Dozen*?

She often says they did not have a lot of material things growing up but they had "Lots of Love!" What a wonderful statement to make of your childhood!

Brought up in Anaheim, Merrie attended dances at Disneyland. As a young person, she worked in a restaurant whose owner was a devout Catholic. Thinking that Merrie, being one of 12 children, must be from a good Catholic family, he gave her a job.

Widowed while her son, Shaun, was still a boy, Merrie went to work as a loan executive at a bank in Manhattan Beach.

She then fell in love again and married Stedman Profitt.

Her son married MarlaLee, whom he met at 49ers Day. They gave Merrie and Stedy their beloved grandchildren Ian and Selene. Merrie and Stedy also have several wonderful children and grandchildren from Stedy's first marriage.

The Lakes area has been familiar to Merrie for many years. In the early '70s, she helped her brother-in-law and sister "flip houses" in the town. Shaun learned to water ski on Lake Hughes. And Merrie and Stedy made Elizabeth Lake their home in 1988, buying the house with the redwood siding on Sunnyside (how appropriate a street name for Merrie!) where the American flag flies daily.

Stedy is a Korean War Veteran. So, soon after moving to the neighborhood Merrie became involved in the Quartz Hill Veterans of Foreign Wars Auxiliary.

Holding offices of president and treasurer in this organization, she was



required to travel around the state and also clocked many, many hours making meals in the VFW kitchen.

Many of the citizens of the Lakes area are familiar with Merrie Profitt as a "premiere volunteer!" She was secretary for the Lakes Town Council, president of the Lakes Woman's Club 2004-2007 and treasurer of the Lakes Community Center all at the same time!

Merrie will help in any way she can at 49ers Day – just ask her! She has worked the kitchen in past years for this event.

She is also the leader of Merrie's Merry Money

Makers, who, working the two-day event of the Leona Divide Race, have raised money to provide the Lakes Community Center with new chairs, a new freezer and last year a substantial contribution to the preservation and restoration of their historic building.

She does much of the behind-the-scenes preparation for the many activities the community center puts on during the year, such as the Christmas and Easter parties for the children, the tree burning on New Year's Day and the Valentine Dance.

Merrie is always ready to cook up a storm – whether it is preparing four or five lasagnas, a few pies, cakes or cupcakes, or making coleslaw for 250 people and donating all the ingredients.

Merrie is ecumenical, volunteering for both of the churches in Lakes Hughes and Elizabeth Lake.

Not only does Merrie volunteer in the Lakes area, but also when the call comes from the Valleys – Merrie always answers with, "Sure, I'll be a bartender, make

Santa gifts or do whatever is needed to help!" for either SERTOMA or the other Valley community centers.

Merrie is also a member of the Volunteers on Patrol (VOP) in the Lakes and Valleys area – being "the eyes and ears of these communities!"

On an even broader level than the immediate areas, Merrie has helped countless others anonymously. Because the limelight is not for Merrie, she does not boast of the fact that she has given "the gift of life" by donating blood. Hers is an unusual blood type that is desired by the hospital blood bank and, true to form, Merrie donates whenever the call comes and she is able to do so.

Merrie is very modest, shunning all praise and recognition. She loves to say, "I do it because I want to and I am having fun or I wouldn't be doing it!"

Or her favorite comment:

"Just give me a hug!"

So, many, many hugs go out to you, Merrie Profitt, Service To Mankind's volunteer of the year.

Thank You, Subscribers

Thank you to the following, who renewed their subscriptions to *The Mountain Yodeler* during December:

Local

Carmen Howard
Joan and Tom Guy
Heather and Robert Gonzalez
Joanne Melfi
Robert and Annetta Pritchard
Live Again Recovery Center
Mary Garten
Karl and Linda Pearcy
Janine Cooper Ayres
Out of town
Ronald Bruns, Lompoc
Gordon Roberts, Woodland Hills
Helen Tietz, Missoula, MT

For those who have never sent a donation by subscribing to your local paper, I hope you will consider it some time this year. Your subscriptions are needed to keep the paper going.

Please send your check to Mountain Yodeler, Box 444, Lake Hughes, CA 93532.

Also, see page 3 for information about The Yodeler's annual yard sale fundraiser. If you can not send a subscription, perhaps you have something to donate to the sale.

Call 724-1293 for pickup of items.

Exciting announcement:

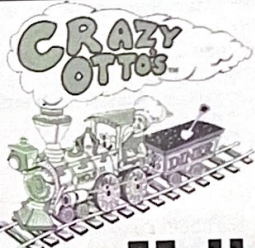


I've joined the Troop Real Estate team in order to better serve my clients. I've expanded my area of expertise to include the Santa Clarita Valley, while I remain a resident of and continue to serve the Antelope Valley."

SHORT SALE SPECIALIST: Four successful short sales closed in the Lakes/Green Valley/Leona Valley area in the last 3 months. Call me for a free consultation and I can explain your options. Negotiating with all major banking institutions is my specialty. Some banks offer bonus to seller as incentive at close of escrow.

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Norm Hickling, deputy to Supervisor Antonovich, installs newly elected Lakes Town Council member Debi Tallent. Bole photo

Weeds in Lake Still a Concern

By Lu Bole, Senior staff writer

Environmental concerns were raised at the December meeting of the Lakes Town Council. The opinion was expressed that there is definitely a world-wide climate change occurring, and this is of concern to many. There are two approaches: 1) Mitigation - "head it off," and 2) Make plans to adapt.

Since Hurricane Charlie, damaged public buildings near coastlines are being relocated further inland. Along with this, planning for new wildlife corridors are being studied. Obviously, changes in sea level do not impact us here in the Lakes and Valleys, but NASA has recorded a slight national rise in lake temperatures over the past 25 years.

Because invasive species tend to survive better than native species in warmer waters, the non-native reeds in our lakes are finding more favorable conditions in which to thrive. This could produce the future problem of more expensive water, due to the expensive treatments necessary to remove these undesirable species. This is just one possible issue about which we should be aware.

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Custom Home in Peaceful Lake Hughes - This lovely home has been totally rebuilt. New kitchen features granite countertops and new stainless steel appliances. New bathroom with quality fixtures and granite sink top. Ornate crown molding thru-out. The interior detailed wood work is a must see in this charming home. Additional lots available.

\$120,000

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Lake Elizabeth Custom - Great location on culdesac street with lakeview. This 2 bedroom & bath home has loft area that could be 3rd bedroom. Living room has pellet stove and vaulted ceiling. Master bath features spa tub. Formal dining room with wet bar.

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Dave Says

Dear Dave,

Why do you recommend paying off your debts from smallest to largest when doing the debt snowball?

Mike

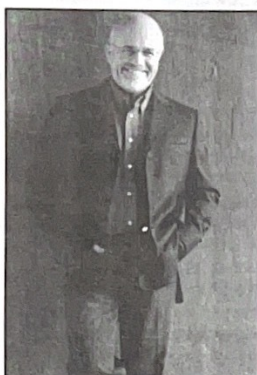
Dear Mike,

This is a really good question! A lot of people wonder the very same thing when I bring up the subject of the debt snowball.

Many folks think paying off the debt with highest interest rate first is the best approach. This seems to make sense mathematically, but I realized a long time ago if those people could do math they wouldn't be drowning in debt in the first place!

Debt is not a mathematical problem; it's a behavior problem. I'm convinced that personal finance is 80 percent behavior, and only 20 percent head knowledge.

The reason the debt snowball pays off debt from smallest



practices fail.

When you pay off a small debt it means you've experienced success, and that gives you hope. Then, you move on the next larger debt.

When you pay that one off—and you've wiped out two debts—it really energizes you. At that point you start to believe in yourself and that you're on the road to becoming debt-free!

— Dave

Dear Dave,

I borrowed money from my parents and paid it back over time, but now the relationship has become very difficult and strained. How can I fix this?

Claudia

Dear Claudia,

If you paid them back, especially if it happened slowly or intermittently over time, there's really not a lot you can do if they choose to hold a grudge over the situation.

Generally speaking, though, it just takes a little time to heal these kinds of things. My guess is they'll become more and more forgiving as time goes by, now that they've been paid back.

I'm sorry you have to go through this, but I hope you've learned a valuable lesson in the process. Someone who lends money to a loved one has their heart—not their head—in the right place. It's okay to give money as a gift sometimes, but loaning money to or borrowing from someone you know will usually lead to broken hearts and broken wallets.

The borrower is always slave to the lender, Claudia. Besides, holiday dinners taste better when friends or relatives don't owe each other money. Eating with your master isn't nearly as much fun as eating with your family!

— Dave

Dear Dave,

How do you feel about people refinancing their homes? Is it smart to refinance a house in order to have a lower mortgage payment?

Anonymous

Dear Anonymous,

No, it's not. But it is smart to refinance a house to get a lower interest rate. By doing this, you pay off the home faster.

Think about this. Right now, with a 15-year fixed rate mortgage and one point paid, you can get an interest rate under four percent. That's awesome! Let's say you have a \$300,000 mortgage, and you refinance from six percent to four percent. A two percent savings equals \$6,000 a year, and that's \$500 a month in interest saved. In my book, that's worth doing!

So, refinancing definitely makes sense in cases where you're going to stay in the home a long time and you get a lower interest rate. Good question!

— Dave

Dear Dave,

My husband and I are completely debt-free. He makes about \$100,000 a year with great benefits, plus we have \$80,000 in savings. The problem is he hates his job. He wants to try something else, but he's not sure where his passion lies. When is it okay to pull the plug?

Sarah

Dear Sarah,

In a situation like this, I think you need to combine the desire to do something you love with enough wisdom that won't leave your family in jeopardy. In other words, let's run to something, not from something.

I'd suggest that he grab some of Dan Miller's books, like *48 Days to the Work You Love* and *No More Mondays*, and begin a process of reading, studying, and thinking about what he really loves to do. Then, figure out a way to monetize that idea. You're more creative and passionate when you love what you're doing, and with the right plan in place you'll make more money, too!

Now, doing this will probably result in a temporary pay cut. But even if he goes from making \$100,000 to \$50,000 that first year, you guys can adjust your lifestyle and still live comfortably. You can get by on way less than a hundred grand, and if needed, you can live for a little while off bits and pieces of that big pile of cash you've got in savings.

I can't imagine spending my entire life doing something I hate. If every Monday morning looks and feels like you're having a root canal, then it's time to find something else. Just make sure you've got a plan, and be smart about it!

— Dave

* For more financial advice please visit daveramsey.com. You can also listen to Dave on KFWB, 980 AM from 9 am to noon.

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Inspiration: Counting on Butterflies



Francisco Contreras, cancer survivor, with his daughter Veronica Flores and his wife Angelina Contreras.

By Chloe Koslo, Junior Staff Writer

Mrs. Veronica Flores is a local mother who lives in Elizabeth Lake who had an idea to start "Counting on Butterflies," which is making scarves for cancer patients. She has taken her program to my school, Sacred Heart. My whole school is making scarves now.

Mrs. Flores went to H.E.L.U.S herself and she shall be bringing the program there. It really brings me great joy to be making a simple scarf that would give one cancer patient so much joy.

Mrs. Flores started this because of her father, Green Valley resident Mr. Francisco Contreras, and his diagnosis with cancer.

By Veronica Flores

Cancer is a word we all fear. To me cancer has been a blessing, if that makes any sense. My life has truly been changed. With this change is my mission, my journey with Counting On butterflies.

Why a butterfly? Because butterflies bring life back into life. When I see a butterfly I want to smile. It is as though a ray of sunshine came into my heart.

My dad has always been my ray of sunshine, my butterfly. Since I can remember he has been my everything; he has brought beauty into my life.

As a young man living in Mexico he had a dream. He was determined to work hard and bring his family to the States to live the American dream.

At the age of seven he started working with my grandfather to help support a family of 12. My dad has suffered hardship; he has worked hard all his life. He is a man with determination. That is the determination that has brought him to where he is today: cancer free.

My dad's diagnosis of prostate cancer in April 2009, one day after my birthday came as a surprise. Although in my dad's heart he knew he had cancer, he didn't want his children to worry until his prognosis was confirmed.

We had never heard of cancer running in our family. My dad's was diagnosed with Stage III prostate cancer with a Gleason score of 5+4=9, an aggressive form of cancer.

We had many options presented to us by various doctors. We choose to participate in a clinical trial that in our eyes has granted us a miracle. My dad's treatment consisted of surgery to remove his prostate, hormone therapy, radiation and chemotherapy.

The process was very difficult. We had days where my dad was slightly energetic and we had days when we prayed for a better tomorrow. Today my dad is back to work, back to living life. As of June 2010 he is cancer free.

My dad had a quote he always lived by: "If God wants me to live, then I shall fight until I can't any more."

Along the way we have met some amazing people with that same determination. The first time we walked into radiation there were about five patients smiling and laughing. I looked at them and I was amazed; I was inspired

by their ways.

During Christmas break of 2009 my son asked me what he should give his girlfriend for Christmas. I told him to make her a scarf. He came home that evening with a rectangular loom and yarn.

By the next day all my kids were making scarves as gifts. I started to remember how I felt when I received a scarf in April of 2009 from my friend's mom after she passed away from a battle with breast cancer. It was a scarf that her mom had made for her during her cancer treatment.

I felt a sense of comfort holding her scarf. My friend's name was Tracey Wilsford: my daughter's best friend's mom. She was an inspiring woman. As my dad's treatment continued we spent most of our days in the hospital. I started to take my loom and yarn to the hospital.

All the patients were drawn to what I was making. In a way it was my therapy and theirs as well. It made us forget the bad days. I finished my first scarf at the end of December and I gave this scarf to a lady who was in

treatment.

Her first expression was, "You're giving me this scarf!" I said "Yes, so you may know that I'm thinking of you and I'm praying for you."

Her eyes were filled with gratitude; she told me "This means everything to me!"

My heart was lightened. I have been making scarves for cancer patients since that day. Along the way my daughters have helped me. In September of this year I created a Facebook profile to invite others in my journey. Once a month, my dad, my daughters and my friends go to different facilities where we give the scarves to cancer patients.

With every scarf "A message of Hope" is attached, a verse with words of encouragement. In October my husband and I donated nine looms, one for each class at our daughter's school. The students and families and my "girl power" friends, the Girls Scouts at Sacred Heart School, have been amazing.

Some students have bought their own looms. The Girl Scouts bought a total of 18 looms and yarn with their field trip money.

I have witnessed "The Sacred See Scarves, page 9

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HAPPY NEW YEAR! (:

Big Kids' Book Corner: Flight of the Phoenix – Nathaniel Fludd, Beastologist Book One by R. L. LaFevers

Reviewed by Dawn Baertlein

Flight of the Phoenix, book one of the Nathaniel Fludd, Beastologist series, is a fun, quick read for younger kids grades 3 to 6.

Ten-year-old Nate Fludd is a good and quiet child hoping to someday grow a sense of adventure, like his parents'. It's 1938 England and his mum and dad have been traveling for work for three years while he waits patiently for their return, or at the very least a letter from them!

When he and his governess get word that his parents were lost at sea at the North Pole, he is sent to live with his Aunt Philomena in a town aptly called Batting-at-the-Flies. (Oh, those flies!)

Aunt Phil is the kind of aunt any adventurous kid would love to live with. Nate -- not so much. When he learns they are flying to Arabia in a tiny plane Aunt Phil calls her Sopwith Platypus, he's not sure he has the courage.

He is a Fludd, however, so he puts on his goggles and climbs aboard.

Along the way Nate learns that he comes from a long line of mapmakers and beastologists. Beastologists are people who study and protect creatures so rare the rest of us think they are mythological or just made up. But they are real!

With his parents presumed dead, he and Aunt Phil are the last remaining Fludds and there is a beast to be protected: the rare and endangered Phoenix bird that bursts into flames every 500 years. The pile of ash must be protected from wind, and twigs must be added to keep it burning for a few nights. Then the Phoenix will be reborn to live another 500 years.

Simple! Until Aunt Phil is kidnapped by angry Beduins, and Nate has to take care of the nest of ashes all alone. Well, not quite alone. He has his pet gremlin to help. And mostly she's a help.

R.L. (Robin) LaFevers is a fine storyteller with a talent for keeping things interesting. She also gives great writing workshops and tips for young and old. For more about this author check out her website at <http://www.rllafevers.com/books.html>.

Lakes Woman Serves in AmeriCorps

From November 17 to December 13 Elizabeth Lake resident Samantha Parker worked alongside teachers in local schools during her first project in a 10-month service commitment to America. Samantha is part of the AmeriCorps National Civilian Community Corps (NCCC), a program that gives 18- to 24-year-olds an opportunity to give back.

Parker's team, consisting of 10 members, has been supporting O'Hara Lanier Middle School, T.W. Ogg Elementary, Gladys Polk Elementary, Clute Elementary, Madge Griffith Elementary, Jane Long Elementary, and Velasco Elementary from about 9 a.m. to 1 p.m. each day. They provide assistance in the classroom as mentors and tutors for students, as well as in the administrative office. Team members may also go with their assigned class to Physical Education and lunch to assist teachers.

In the afternoons, some Corps members support B.E.S.T. after-school programs in a variety of locations, further tutoring students in reading, science, or math. Other team members are supporting the Boys and Girls Club with maintenance projects and are planning and implementing programs for children in the areas of education/career, health/life skills, arts, and sports/fitness/recreation.

"You have to have a lot of patience with the kids," said Parker. "I realized that I didn't have as much as I thought. There was one kid who was getting 60 something on his spelling tests. So I took him aside, worked with him, and now he is getting 90 something. That has been the most rewarding part of my

job. I've learned to be more patient and seen positive results," she said.

Members of this AmeriCorps NCCC team arrived at the Southwest Region campus in Denver on October 13 to begin a month of pre-service training. This project in Freeport is the first of four long-term projects they will complete during the 10-month program. After the winter holidays, this team will begin a new, eight-week project doing environmental work near the Grand Canyon in Arizona.

AmeriCorps NCCC is a full-time, residential, national service program in which 1,100 young adults serve nationwide each year. During their 10-month term, Corps Members -- all 18 to 24 years old -- work on teams of eight to 12 on projects that address compelling, self-identified community needs.

These projects, usually lasting six to eight weeks each, support the environment, infrastructure improvement, energy conservation, urban and rural development, and immediate and continuing disaster response. AmeriCorps NCCC has responded to every national disaster since the program began in 1994.

The Southwest Region campus in Denver is one of five regional hubs in the United States and serves eight states in the southwest part of the country. The other campuses are located in Perry Point, Maryland, Vicksburg, Mississippi, Vinton, Iowa, and Sacramento.

In exchange for their service, Corps Members receive \$5,550 to help pay for college, or to pay back existing student loans. Other benefits include a small living stipend, room and board, leadership development, increased self-confidence, and the knowledge that, through active citizenship, people can indeed make a difference.

AmeriCorps NCCC is administered by the Corporation for National and Community Service. For more information about AmeriCorps NCCC, visit the website at www.americorps.gov/nccc.

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Scarves, from page 8

Heart school spirit."

I have witnessed with my eyes life, inspiration, hope and beauty in all the patients that I have met. I have seen women and men cry tears of gratefulness when I hand them their scarf. They tell me "Tell everyone thank you from our hearts."

They have shared their stories with me and one thing I have no heard is them asking, "why me?" They face life as a new beginning every day. To me they are my inspirational butterflies.

We are millions who have been touched with cancer one way or another. Our lives have been changed. Today I'm asking each one of you to continue that change. I'm counting on butterflies - counting on each one of you.

My mission is to ask each one of you to make one scarf a month for a woman, a man or a child. Together we can make a difference one person, one smile at a time.

I'm counting on butterflies, counting on each one of you to be a part. Keep Hope alive.

Te amo, papa

Counting On Butterflies, Veronica Flores

A Thanksgiving Poem from Dr. Fuhrman

Today is Thanksgiving, my whole family's here.
We'll be celebrating and sharing good cheer.
With roast beef and French fries, and soft, creamed,
browned meats.
We'll have cakes and ice cream and sweet dessert treats.

With cookies and stuffing, marshmallows potatoes,
And more on the counter with chips, not tomatoes.
And buttered croissants, gravy, dark meat and white
I fought the temptation with all of my might.

I made mango salad, 'shroom burger and figs
That no one else wanted 'cept me and my kids.
I sat with my family and watched them pig out.
Complaining of high blood pressure, headaches and gout.
The smiles and the cheer, and the clicking of glasses
Slowly evolved to production of gasses.

It seemed great at first with the hugs and the slurping
And then they all just sat there bloated and burping.
One retched and one ached with nauseating pain.
And only a wise few who chose to abstain.

Then my uncle keeled over his plate with a stroke
I knew all this binging was not one big joke.
So I hope your Thanksgiving is better than mine.
And you and your cronies have a healthy good time!

The Art Page

Todd Cooper
Art Editor

state of the ART in our community

LVAG Group Show Kicks Off 2011

Lakes & Valleys Art Guild begins the new year with a members group show focussing on the theme "Winter".

The show will run from January 15 through February 27, with an opening reception on Saturday, January 15, from noon to 4pm.

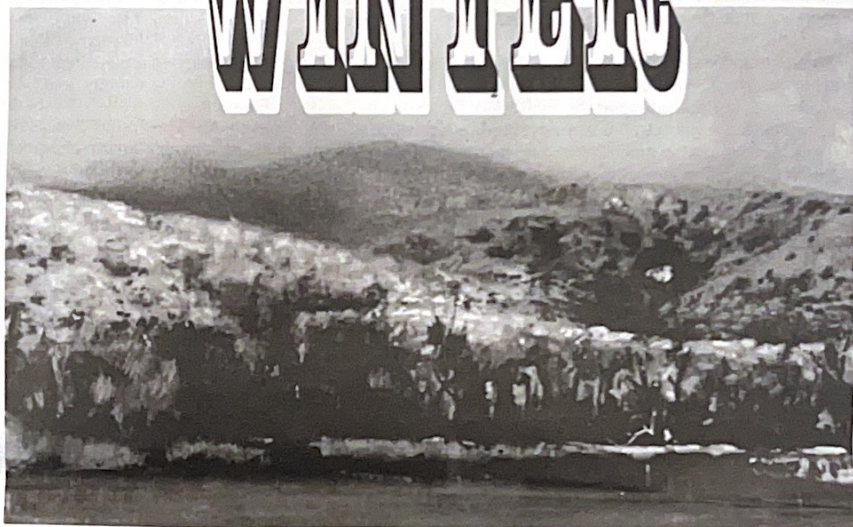
Artists may enter up to two pieces anytime (weekends) until Sunday, January 9th.

ary 9th.

There is no entry fee, but you must be a member in good standing of LVAG, which means that your yearly membership dues must be paid. Annual dues are \$24 and are due in January.

The Kid's Show, by students in Debi Campanella's after school art classes, will run through January 9th.

WINTER



*A group show featuring works from the members of
Lakes & Valleys Art Guild*

January 15 thru February 27

Opening Reception

Saturday Jan. 15 • Noon to 4

HAPPY NEW YEAR

from

LVAG

LVAG NOTES

LVAG logo shirts, hats, etc available at www.zazzle.com/TheCoyoteStudios/LVAG
The next LVAG general meeting will be Sunday January 30, 2011, 2pm, at the Lakes & Valleys Gallery, 43751 Lake Hughes Rd, Lake Hughes.

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Reception
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Noon-4pm

Happy Holidays from Lakes 1995

Honorary Mayor

Love Thy Neighbor

Following your heart is a part of life.

Stepping out for someone else's life is a part of being God's child That walks with hands reaching out.

Makes it easier for those in doubt.

We all are close friends and neighbors in our community.

The joy of living is the giving.

We were made for one another, To help keep the peace and follow the American dream.

It's your time to shine.

Know who you are and God will keep you in line.

Reading between the lines is an art not easy to find.

Unless you walk carrying the Lord's sign.

Honesty, compassion and loyalty Will give you the strength To carry on the whole day without a sigh.

Being in the Lord's eyes, we walk knowing that You're beside.

You pay the price if you think the world is only spice and only you feel nice.

Turn your back on selfishness And your heart will take control. That's how you know it's love.

It never seems long enough.

Dedicated to my family, friends, community and neighbors

From Mark Logan and Mary (Penny) Shelton



Lakes Woman's Club members had a blast at their annual holiday party at Jeanette Lundberg's house. The gift exchange was hysterical, with everyone fighting over a huge piece of pork. Sharon Lehner was the lucky winner in the end.

The ladies enjoyed a yummy potluck lunch, with some trying out their new recipes for the occasion.



Photos: Cindy Lindamann



Left: For Sale: Hand crafted solid Douglas Fir Deli/Display case made for The Rock Inn in the 1970s by gifted craftsman, Al Stolken. 7'6 inches long. Beautiful, unique and one of a kind! Extremely heavy and well built by hand. \$450.

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LAKES WOMANS CLUB

NEXT MEETING

Wed., Jan. 12 at 7 pm
at Lakes Community Center

Ladies, join us for a fun time, as we raise money for local charities and attend social events. All women living in the Lakes and Valleys Communities are welcome to join us. Come to our next meeting and meet our members. Just stop by. We'd love to have you join us.

For more information about the Lakes Woman's Club, call Jeanette at 724-0863.

Sertoma Hosts Senior Lunch



The Nuns for Fun performed at Sertoma's annual free senior dinner in Leona Valley. Mr. and Mrs. Santa join them for a photo. Grossman photo.



Kitchen volunteers made sure everyone had their fill of delicious food. Grossman photo.

Sertoma Brings Cheer to Seniors

Well, our very own Sertoma organization "DID IT AGAIN"!!!! Many of us agreed that this year the annual Senior Christmas Party was the best ever and attended by much more than ever before.

It just seems that each year Sertoma manages to top the prior year with something even more special. I know you are thinking the very same thing.

This year, Sertoma's treasurer, Barbara Grosskreuz, was our coordinator for the party, and she did such a fabulous job that folks are still talking about it. People are already asking "What are we doing for 2011?" Stay tuned because it only gets better!!! Sertoma stands for SERVICE TO Mankind and we aim to please you.

Many, many thanks also go to Dahlia Grossman who initially asked "Would you like the Nuns for Fun to perform?" Personally, I had never seen or heard of them until now, but since it was Dahlia that had asked me (she is a member of the group), I immediately said "yes" because it sounded like the group would be wonderful holiday entertainment and very different from what we have had in the past.

What could we lose???

My, my, my --- the Nuns for Fun were a singing sensation and an adventure --- our Leona Valley Community Building was ROCKIN' to some of the greatest music ever. Even Santa was dancing with the Nuns. THANK YOU, Dahlia!!!!

This year we were blessed with much more volunteer help, such as LV Crazy Otto's, which donated the ham; Joe and Jeanne Duarte, who donated the turkeys; Jr. Miss Leona Valley Aime Fitzpatrick and her mom Tracee; Leona Valley Queen Maria Norton; Miss Shephard, 4-H - Lesley Amant, Colleen Jones, Sertoman Volunteer of the Year Merrie Proffitt, Cathy and Mike Wilson, Linda Percy, Joan and Larry Tyler, Marcia Swope, Ray Mullins as Santa Claus, Christy Adams (new Sertoma member), Christine Stoddard, Darlene Uetez from Ridgecrest, Cathy Toso and daughter Aria from Daisy Girl Scout Troop # 712, who handmade and passed out ornaments to all our senior guests and last, but not least, all our hardworking Sertoma members.

THANK YOU, THANK YOU. Each and every one is so appreciated. Remember to purchase your Girl Scout

Cookies in January from troop 712.

Many blessings in 2011 to all who are lucky enough to live in our charmed and precious community, which includes Green Valley, Lake Hughes and Lake Elizabeth. With all due respect, I ask that we all work in unity, continuing to support one another. I consider us a "four star valley."

Happy New Year, Jan Clark - Sertoma Member



Sax player Father Ray Sullivan played 'I'll Be Home for Christmas' in honor of our veterans. Kosio photo. By the way, the singers are not real nuns.



Sister Mary Moonbeam hams it up. Kosio photo.

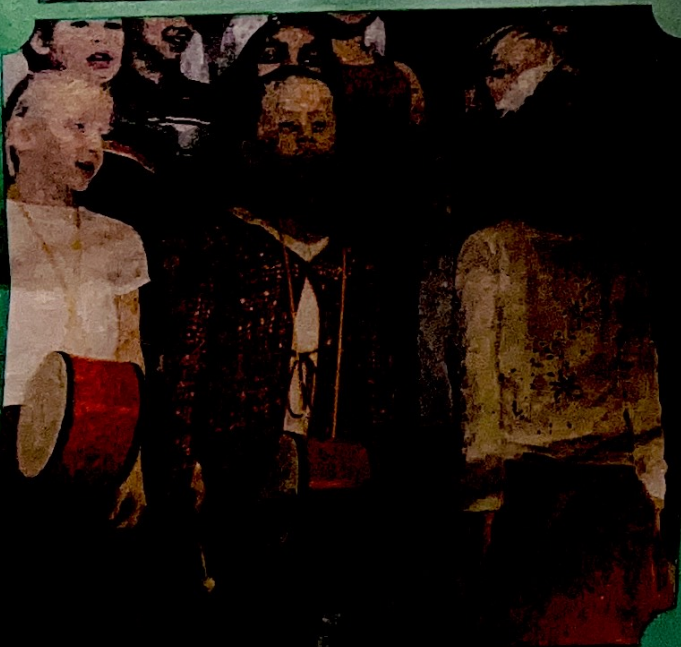
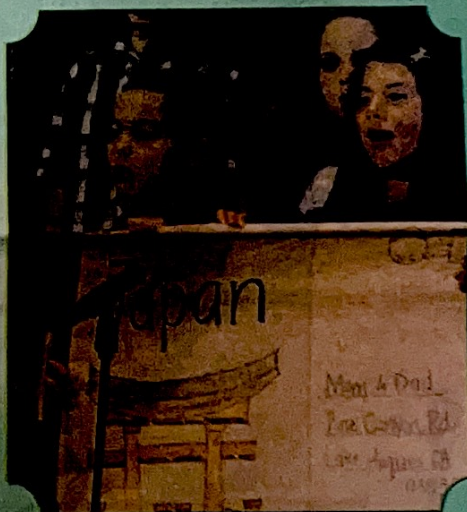


The biggest surprise of the whole event was that Elvis was not only spotted but graced us with a song. Photo: Chloe Kosio.



HELUS HOLIDAY MUSICAL

Photos: Cindy Lindamann



Green Valley's Citizen of the Month: Bob Garth

By Glenn McConnell, staff writer

Thirty years ago, Robert (Bob) Garth made Green Valley his home. Like many Green Valley residents, Bob grew up in the San Fernando Valley back when it was a quiet rural community - back in the days before the San Diego Freeway when Sepulveda Blvd was the main thoroughfare heading north out of the San Fernando Valley. When Bob first laid eyes on Green Valley, he fell in love with the area - a cozy hamlet off the beaten path.

Growing up in North Hollywood, Bob was an only child. His mom and dad later adopted a brother and a sister. Bob graduated from Poly High School in Sun Valley.

In his early twenties, Bob went to work for the City of Los Angeles. He first worked for the Los Angeles Police Department keeping the black and whites in good running condition. This was a good fit for Bob. He loves driving and working on anything that has an engine.

Later in Bob's career, he transferred over to the Department of Water and Power (DWP) as a truck driver, then equipment operator and retired as a backhoe operator with 30+ years of service.

Bob enjoys motorcycle riding, working on antique engines (steam, gas or diesel) and collecting lamps (or anything that gives out light). He has a passion for alternate energy sources. One of Bob's heroes is Nikola Tesla (the father of alternate current). Back in high school, Bob recalls completing a project called the "Tesla coil." Bob and his close friend, Dave McCullah, own a ranch in Priest River Idaho that is powered exclusively by alternate sources of energy.

Being of service to his fellow man is something Bob is very familiar with. He has been a member of the Green Valley Charitable Hall (formerly the Green Valley Community Club) for more than 25 years.

When there is something to get done in the community, no doubt you will see Bob there and ready to do whatever he can. It is not uncommon during bad weather in Green Valley to see Bob out on his tractor helping his neighbors. For the past three years, he has served as one of our Green Valley County Water Board directors.

When asked about a memorable experience in his life, Bob recalls being a youth leader at Grace Community Church in the SFV. Hume Lake was a favorite spot for campouts for the junior high group. Having a young man accept Jesus Christ as his savior ranks tops on Bob's list.

Bob enjoys country Christian music and with bluegrass. A year and a half ago, Bob was helpful in opening Lancaster Country Church. Much like his service to his community, Bob is always on the ready to help out wherever he is needed at church.

Bob has always loved animals. He has raised tortoises, his horse was named "Navajo" and his dog "Socks" is his constant companion.

Some of Bob's other favorites in life are: Chinese, Italian and Mexican food, actor Ernest Borgnine, pastor Hank Booker, and singer Johnny Cash. His favorite movie is Last of the Dog Men and his favorite song is "O How I Love Jesus."

Bob's love and service to Green Valley serves as a fine example to all of us. We salute you, Bob. You are one of Green Valley's finest.



Sertoman of the Year: Jan Clark

It is with great pride that the Leona Valley chapter of Sertoma has chosen "grannie" Jan Clark as our SerToMan of the Year recipient. Jan joined SerToMa in 2006 and has since been a very dedicated and active member. Jan has chaired or worked with many of the club committees, ensuring that the goals are met or exceeded, demonstrating true leadership. Jan is currently our vice president.

Jan has participated in all major fundraisers of our SerToMa organization, always ready to jump in and get it done. As a driving force in the 2007 Gala under the Stars, we increased our profit over the 2006 Gala by a factor of four (from \$3000 profit to \$12,000).

It was thanks to this revenue that our community museum was completed after nearly 10 years. We

donated the museum to the West Antelope Valley Historical Society this spring.

During our annual Christmas party in 2006 we were asked at the last minute to organize our area's annual Heritage event. Without Jan's work that may have been a mistake. With her full-time effort the event was held in Lancaster, with speakers including a former Apollo astronaut, and was most successful.

As well as being our vice president, Jan chairs our fundraising committee, which had been very active. She has worked very hard during our annual Cow Chip fundraiser, St. Patrick's dinners, a "Happy Days" party, and a holiday food drive, and has participated in our annual Cherry Festival. Did I mention that she was just elected to her second year as vice president of our community's Leona Valley Improvement Association? Well she has continued as a driving force in that organization as well. She has steered the fundraising for that organization as well with events that include a chili-cobbler dinner and an ice cream social.

Jan moved to Leona Valley in 2005. Her youngest child, Scott, lived here and, as a single woman, she felt safe among all the friends, neighbors and children and she loved the community feeling. In 2006 she joined Sertoma and spent six months as an onlooker until she got involved in the gala that year. She has been very active and has given her staunch support to everything since then.

She and her family once lived in Covina, then moved to Carson City, Nevada, where they lived in and restored an 1877 home which had been the old governor's house. Carson City was a small community then and like here, everyone knew everyone else.

The family moved back to California in 1976 and became owners of pieces of railroad equipment, a locomotive, a caboose, baggage cars, passenger cars, etc. They went into a partnership and set up a ¼ mile ride on abandoned railroad track at Castaic Junction. When they lost the lease there, the Fillmore city manager called them. The folks in Fillmore thought the railroad would enhance their city. With the help of the city, what was "Short Line Enterprises" was moved to Fillmore and became "Fillmore and Western." The partnership worked the railroad for eight years until it was sold to the current owners.

As funds were short Jan did most everything from scrubbing railroad cars on her hands and knees to ordering equipment for the dining cars, etc. This was how the first dining, pumpkin, barbecue, Christmas cars, etc. started. This was where Jan met Antelope Valley Winery's Cindy Donato, who handled the railroad's wine needs, labeling, packaging, gift wrapping, etc. After the railroad was sold Jan was the first to enter into a two-year contract with Metrolink and Southern Region Railroad Authority to position cars off part of San Fernando Road for filming purposes. After the contract expired Jan moved to Leona Valley.

Jan also wrote a railroad cookbook with her own family recipes and lots of old-time railroad lingo.

This busy lady still found time to be an active fundraiser, especially for the youth sports, so that the kids involved in the programs had funds to play and move on to different levels of competition without parents always digging into not very deep pockets. Here in Leona Valley she is better known as Granny Jan, and says she feels like everyone's granny and adores what she considers a "high honor."

Our committee, which consists of past SerToMa of the Year recipients, is proud to present, and promote Jan Clark as our nominee for district award.



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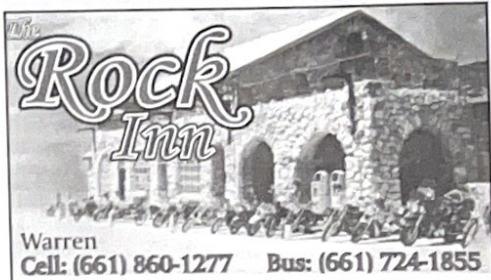
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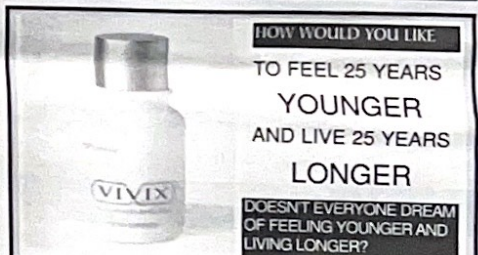
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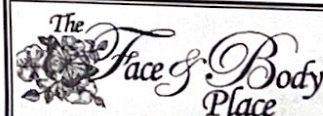
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Upgrade or Refurbish Your Computer

In the present economic climate, it makes good sense to upgrade or refurbish your current computer instead of buying a new one. There are several tips that can help you accomplish this.

Upgrading your computer with new hardware such as more RAM, a better video card or a bigger hard drive can substantially increase the speed and efficiency of your computer. Some of the best sources for hardware upgrades can be found online at websites such as: newegg.com, tigerdirect.com, dell.com and bestbuy.com.

Refurbishing your computer is basically doing a clean-sweep of your hard drive, which entails backing up all of your files and reformatting the drive. This removes any viruses, registry errors or corrupt operating system files that may be slowing down your computer. Corrupt data on your hard drive can also cause your computer to crash. If your computer is at least four or five years old, it may be time to consider buying a new one.

I have been upgrading and refurbishing computers for the past seven years and am currently an electrical engineering major in college. I've worked for Nickelodeon Studios in the IT Department and did electrical and programming work for Team 399 Eagle Robotics while I was in high school.

My company, Electratech, has many clients in the Lakes and Valleys area and I would be happy to assist you with any computer upgrades or refurbishing that you may require.

You may contact the following people for references: Dahlia Grossman, Norm Judd, Craig and Elisabeth Chatfelter, Ralph and Penny Mertens. Additional references available upon request.

Eric Goodchild, Electratech, 661 505-5091

Lakes Little League Registering for 2011 Spring Season

By Amy White

The Lakes Little League is now registering for the 2011 Spring Baseball and Softball Season for Boys and Girls ages 4 -12 who live within the Lakes Little League boundaries. This includes the areas around Lake Elizabeth, Lake Hughes, Green Valley, Leona Valley, Three Points and Kings Canyon.

Registration Days are scheduled January 22 and January 29, 2011. Both are Saturdays and run from 9 am to 1 pm at the Lakes Field, 13499 Elizabeth Lake Road.

All new and returning players must bring copies of proof of age and three proofs of residency. These are Little League International requirements.

Also new for the 2011 season will be the requirement that all Players above T-Ball age will be required to attend tryouts.

Payment must be received at registration. The Lakes Little League accepts cash and check for payment. There are also payment plans available for those who qualify.

See The Lakes Little League website for more information, all requirements, application forms and special information at

<http://www.eteamz.com/Lakes>, Facebook, or contact Greg Messineo, President: 661-917-1671 or lakeslitttleleague@roadrunner.com, Jessica Izzo, Player Agent: 661-270-1267 or junglepeanut@msn.com, or Denise Sebra, Registrar: 661-435-6036 or

The Rescued Cat

By Alice Benoit

On the first night home after the death of my older brother, I cried alone in my bed. My mother too weak with grief never told me he was dead.

Then stealthily she had arrived to keep me safe from harm, a Siamese cat who found her way, wrapped within my arms. She came to me each night, as my mother's threats of suicide grew and she purred so loud and sheltered me more than I could have ever known.

And when she died I cried that night, no cat within my arms; then late that same night her sister found me and kept me safe from harm. She guarded me each night as I grew from a girl to a teen.

And when my parents violently fought, causing a giant scene, it was this cat that stayed beside me, quiet in the night; she purred so strong and sheltered me and kept me from the fright. And when the door slammed and I knew my father had left this time for good, there beside me in my arms the sister cat stood.

I became an adult and moved to my first home; a cat found me and I knew that I would never be alone.

And when I left the drunken man shortly after I wed, it was the cat that stayed with me while I had wished that I were dead. She stayed with me every night; she purred so loud indeed; never in my life had I ever felt such love, I hugged her with a need.

And when I found the kindest man happiness claimed my life. For he got down on one knee and I became his wife. I no longer needed a cat to shelter me from harm, but then one night I woke and found an American Bobtail in my arms. American Bobtail in my arms.

I hugged him and I cried thinking back with fright, all those times I felt alone, trying to forget those distant sights.

See The Rescued Cat, page 20

WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)

By Tom Kaucher

November 2010

Temperature

High- 77° on 11-3, 11-4
Low- 21° on 11-27
Average High-57.2°
Average Low-35.9°
Average Temperature-46.6°
*Lowest High- 38° on 11-28
Highest Low- 52° on 11-3
*Record Lowest High Temperature-38° Old record 40° in 1978, 1990, 1994.

Precipitation

2.93" (1.38" above average, 2.93" above last year)
Seasonal Precipitation (7-1-10 to 11-30-10) - 5.59"
(2.43" above average, 3.04 above last year)
Snowfall: 0.30" Last Year: 0.00"

Outlook for January 2010

We are in the full swing of winter in January. January can bring numerous storms with a potential for good snowfall. Daytime highs will range from the low 40s to high 50s. The overnight lows will range from the high teens to the high 30s.

January Averages and Records

Temperature

High- 73° in 1999
Low- 10° in 1977
Average High-52.5°
Average Low-32.5°
Average Temperature-42.5°

Precipitation

Average Precipitation- 5.03" 2010 Precipitation- 8.95"
Greatest Precipitation-18.86" in 2005
2010 Snowfall 2.3"
Greatest Snowfall- 30" in 1979
Average Snowfall- 3.6"

Averages and records only depict data since 1976.

In 1972: Loma, Montana set the U.S. 24-hour temperature change record when the temperature rose from -54° at 9 a.m. to 49° at 8 a.m. the next day, a change of 103°

Did you know?

The High Desert Organic Gardener

By Robert Kerekes
Contributing writer

Last year some time in late January I planted, in a flat, in the greenhouse, the leek seeds for use this winter. I had poor sprouting and growing results for the first time ever. Thus this winter I have, for the first time in a long time, no leeks and leeks are a winter mainstay. So wife Robin bought some leeks at a store that looked good and cost a buck and a half per pound.

Guess what. They were terrible, I can't eat them. I don't know how good leeks to taste as bad as they did.

This season I started growing leeks and onions in early December to experiment with different soil combinations. More later.

What I see most people doing, with a few exceptions, is growing for the main hot/warm season and then doing nothing until the next season.

For all those who are wanting to get started, or have recently started, or who just want to putter at gardening for the enjoyment, as well as for the food rewards, I certainly want to encourage you.

But for those who want to seriously produce as much of their own food as possible, then all season growing is the way to go. I have written about this a lot already but I keep running across people who don't realize that growing all year long is a possibility.

Next year's winter leeks need to be started this winter, or young leek plants can be purchased and planted in early spring.

Then parsnips and salsify should be planted in early spring for large roots the next winter. The parsnips are picked out of the ground during the long winter months.

And of course carrots. These are best planted in successive plantings; I do two, an early planting and then a mid-season planting for the winter crop.

And then of course onions, garlic and shallots are picked during the summer but stored throughout the year.

Then there are root crops like beets, turnips and so forth. There are fall crops, many of which will grow over winter, like Chinese cabbage, bok choy, and daikon radishes.

In mid-winter, arugula and related greens will grow. Let us not for-

get grains, seeds, nuts, dried corn and so on. As anyone can see, the possibilities are immense.

Winter squash is grown during the summer and stored and used throughout the winter. Over wintering broccoli, used as early as late February, will produce March through May, and should be started in early to mid August. The same with cabbage, kale and collards.

The January class will cover all season growing.

Toward the end of the summer season, in November, I cut some ends off of some of my successful gold nugget cherry tomato plants and made some cuttings. They took. But with winter daylight hours being less than 10 hours a day the plants grow very slowly.

To increase their growing rate I would have to add artificial lighting to extend the hours of daylight.

I attended the December Lakes Town Council meeting in Lake Hughes and discovered they are talking about starting a community garden at the Community Center. Could be because a new council member is also a co-op member in good standing. Good luck. Call on me for help.

Do you want to grow organic food for yourself and your family but just can't get started? I have a young, experienced landscaper and organic gardener who will create, for a fee, an organic garden of different types and maintain the garden on your property or you can maintain it and have periodic help. Call me for information.

The Garden Co-op meets monthly on the second Saturday at 2 pm at my place in Antelope Acres. Next meeting is January 8, 2011. The first hour will be a class open to everyone. The topic is Seasonal Growing All Year. The fee is seven dollars.

After class we will have an open discussion followed by work in the garden for participating members. Call or e-mail me for directions.

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Study Shows Vegetables Prevent Chronic Disease

By Joel Fuhrman, M.D.

No matter how many different dietary theories there are out there, pretty much everyone agrees that vegetables are "good for you." But how good they truly are has been debated.

The data from observational studies is often flawed simply because the majority of people in the Western world don't eat enough vegetables to have a measurable impact on their risk of chronic disease – only about 25% of Americans eat the recommended three one-cup servings of vegetables each day.[1]

Some long-term observational studies, however, do provide clear, high quality data demonstrating that vegetable consumption is an important factor in chronic disease prevention – a recent study on serum carotene levels and risk of death provides such data.

Alpha-carotene is one of more than 600 different carotenoids, a family of antioxidants that also includes beta-carotene, lycopene, lutein, zeaxanthin, and astaxanthin. Carotenoids help to defend the body's tissues against oxidative damage, which is a natural byproduct of our oxygen-dependent metabolism. [2]

Oxidative damage to DNA, proteins, and lipids is a known contributor to chronic disease and an accepted mechanism of aging. The body's defenses against oxidative damage consist of naturally produced as well as diet-derived antioxidant molecules.

Many prospective studies in the past few years have supported the epidemiologic association between plasma carotenoids and reduced risk of disease and/or death. [3-6] However, these studies didn't differentiate between carotenoids from food and those from supplements.

Carotenoid supplements have failed to duplicate this effect in clinical trials. In fact, supplemental carotenoids are likely to be harmful. A recent meta-analysis of several trials found a 7% increase in mortality risk in subjects taking beta-carotene supplements. [7, 8] Also, high serum beta-carotene has been associated with decreased lung cancer risk, but beta-carotene supplements may increase the risk of lung cancer, especially in smokers. [9]

Attempting to duplicate the beneficial effects of carotenoid-rich foods with isolated nutrients is foolish; it completely neglects the contribution of additional and/or synergistic effects of other nutrients contained in those foods.

Beta-carotene is the most widely studied carotenoid, but alpha-carotene more accurately reflects vegetable intake because alpha-carotene is not present in most multivitamins and supplements. It is also an excellent marker of high-nutrient vegetable intake, since dark green and orange colored vegetables are the richest sources of alpha-carotene. Green vegetables are the highest in overall nutrient density, accord-

ing to my ANDI scoring system and of course they are the foods richest in alpha-carotene.

This study measured baseline serum alpha-carotene and tracked deaths in the 15,318 participants over a 14-year followup period. After controlling for potential confounding factors, the researchers found a significant trend – increasing serum alpha-carotene associated with decreased risk of death from all causes. Those with the highest serum alpha-carotene had a 39% decrease in risk of death compared to those with the lowest serum alpha-carotene. Similar relationships were found between serum alpha-carotene and risk of death from cardiovascular disease, all causes other than CVD, and cancer.

Serum a-carotene	% Decrease in risk of death from all causes (Reference group)
0-1 µg/dl	(Reference group)
2-3 µg/dl	23%
4-5 µg/dl	(average 4.79 µg/dl) 27%
6-8 µg/dl	34%
>=9 µg/dl	39%

Alpha-carotene itself does provide significant antioxidant benefit – but more importantly alpha-carotene is a marker of the thousands of additional compounds, working synergistically to keep the body healthy present in green and orange vegetables. [10]

These results suggest that not only quantity of vegetable consumption, but the type of vegetables consumed has a major impact on health. This is the main principle behind the nutritional diet – eating according to nutrient density.

This large, long term study gives much support to the concept of nutritionalism, as many foods high in alpha-carotene tend to be high in micronutrients overall – the foods that make up the base of the nutritional food pyramid. (See drfuhrman.com)

And of course keep in mind, even in the highest alpha-carotene group in this study, the levels of vegetable consumption as a percent of total calories are likely not nearly as high as in someone following a nutritional diet. Also, the serum level of alpha-carotene in someone following a typical Western diet likely reflects mostly carrot consumption compared to the wide variety of green and yellow vegetables that would be consumed as part of a nutritional diet, from which further benefits would be expected to accrue from the variety of phytochemicals contained within those vegetables.

Examples of foods with a high alpha-carotene to calorie ratio[11]: cabbage, Bok choy, Cabbage, Red peppers, Carrots, Swiss chard, Green peppers, Asparagus, Collards, Broccoli, Winter squash, Peas

If such a study were done on people eating the dietary quality I recommend, which would result in levels even much higher than those in the study, for more than 10 years and with other synergistic foods, such as mushrooms, onions, berries and seeds, just imagine...

For references, go to drfuhrman.com

Letters to the Editor

To the Editor:

S. S. Campbell, Prop 21: Liberal Walkthrough, in your 10th Anniversary Edition, obviously researched the matter and wrote a concise, cogent appeal for its passage. Campbell was correct! As a conservative, I do not trust California's liberal politicians to use any "dedicated trust fund" in the manner intended by voters. In reality, once our money "just another tax" hits government coffers, it is never beyond their reach.

Campbell's hope for Prop. 21 makes perfect sense but I recall stringent conditions on Clean Water grants for our own Lake Hughes Wastewater System. Designated for low-income Lake Hughes property owners, the sewage capacity was reserved for development of properties "within the moratorium area." But years later the Painted Turtle, well out of the area, applied to be connected.

Most were avid supporters of The Painted Turtle, but Lake Hughes Property Owners Association members were surprised when the county allowed The Turtle to hook-up. County government acted in good faith and the rationale was valid, and the beautiful camp was built. My point is that the most stringent conditions can be modified when some believe there is a greater need.

The "no" on 21 was because of our state's budgeting mess. Serious cuts must occur to get back into the black. But that seems never to be an option for liberals like Jerry Brown or Barbara Boxer. I love our parks, but users should pay! For example, the lucrative movie companies who now pay no fees. And individual visitors, instead of tacking more tax onto everyone's vehicle fees.

Also, since Prop 19 failed, the illegal pot "industry" ought to kick in for growing within park boundaries! Ludicrous "yes" because even if 19 had passed, those "goofed on junkweed" would continue growing illegally.

The "liberal" mindset that "it's only another \$18" won't fly in these days of Tea Party sanity. Anyone can "give until it hurts" of their own funds, but for now, let's cut spending, cut taxes, cut pot production, and keep those who clutter, destroy and abuse, out of our parks and forests!

Norm Judd, Lake Hughes.

To the Editor:

First off I want to thank Dahlia Grossman for keeping *The Yodeler* going. I believe such small, local newspapers, especially in this day, are essential for local news and local democracy and we do not have enough of them. Second is that Dahlia, besides printing local news of local importance, prints divergent opinions from all sides of the spectrum. In this day and age that is unusual.

I must respond, once again, to Norm Judd's latest of how he sees it. I like open discussions on this topic, among many.

It seems to me that Norm takes a position between legal and illegal. What about the fuzziness of brain effects that so many legal prescription drugs cause? Some of these legal fuzzy brained drugs also have additional negative side effects and are actually far more dangerous than marijuana. Why are they ok? Because they are legal?

Most legal drugs have, somewhere in their history, a plant source. Penicillin, from a fungus; morphine, from a poppy; aspirin, from willow bark and valium from valerian root.

Valerian is advised to help sleep, but not because it is a sedative but because it works directly on muscles causing them to loosen, relax more. For anyone with sore, or spastic muscles it is an aid that is mild to moderate in its effects and anyone with serious muscular tightening would have to use it along with other methods of reducing such a condition.

The California poppy is a very mild medicinal sedative plant. I have no idea what the kick is that Norm is talking about. The effect is so mild it is hard to know anything happened and again it would have to be used with other medicinal plants or methods. I think anyone can plant and pick California poppies on their property at will. Am I wrong?

Norm calls marijuana loco weed. Loco weed is the common name applied to jimson weed, which grows all over the place. Another common name is thorn apple and around here some call it the desert lily. It is very dangerous and can, if digested, be lethal, though in most cases it is not. It will cause very serious hallucinations that almost no one, who ever has had the experience, cares to revisit.

But jimson weed has excellent medicinal value and I always have some dried leaves sitting in a jar somewhere even though I rarely use them. Inhaling, via the nose, leaf smoke, will dry up a thoroughly congested head without any of the negative effects. There is nothing on the market that works as well.

Robert Kerekes

Green Valley Community Hall Elects Board

By Bev Brownfield and Lu Bole

Green Valley would like to thank everyone who came out to support us with our Breakfast with Santa. We had 44 children this year. I would like to thank our very talented elf (Marie Proffitt) for the wonderful Santa gifts and a big big thank you to Santa.

We had our G.V.C.H. elections and the new president is Dick Brownfield, 1st Vice President is Cheryl Lepisto, 2nd Vice President is Valerie Waidner, 3rd Vice President is Alice Goetschel, Treasurer is Bev Brownfield, Membership Secretary Patty Waidner, Recording Secretary is Kathy Anderson, Corresponding Secretary is Judy Kimmel, Maintenance man is Bob Waidner and Past President is Vonnie McCullah. One office, Event Coordinator, is still vacant.

Welcome and thank you to all the new members, and to everyone who came out to vote and support us.

This new Board has lots of plans for this coming year, but as it says above, YOU are the one thing that they cannot do without - YOU are needed to support your Community Hall. Come out to the events scheduled throughout the year, and stay to help whenever you can. It really does happen: "Many hands make light work." You don't need to do a whole project alone, but many folks helping with anything really makes a difference, and this Community Hall is here for YOU. Memberships (see application below) are the lifeblood of any community club, and sending in your membership fee right away will make it possible to keep your Community Hall going. It's a real bargain, too - \$10 for an individual, \$15 for a whole family! That money goes to the annual rent for the property, insurance, taxes, water, electricity and propane, and repairs to the building. A new roof is in the planning stage, and hopefully will be done soon.

Keep looking for notices in *The Mountain Yodeler* and at the corner of Spunky and San Fran. Cyn. Rd. for upcoming events.

The next meeting will be the second Tuesday of January, the 11th, at 7 pm. (Mark your 2011 calendars; it's always the second Tuesday, and if you've got it marked for the whole year, you won't forget.)

On behalf of the board we would like to express our deepest sympathy to the family of Eddie Lye. May the light of God's love and our prayers comfort you during this difficult time. Eddie will be greatly missed.

Green Valley Charitable Hall Membership

Name _____

Address _____

Green Valley, CA 91390

Phone _____

E-mail _____

(Optional)

Individual _____ \$10 Family _____ \$15

Bring this coupon to next GVCH event or drop it off at Pony Express with your membership fee.

Rescued Cat, from page 18

He purred so loud and comforted me and kept me safe from harm, and there he stayed nearly every night and always kept me warm.

And when he too had passed away I cried myself to sleep. And when I wept another cat climbed upon my bed ready to repeat. He purred so loud; and then a silent night I would finally keep. And when he too had crossed the rainbow bridge never to return; it was then that the lesson of all the cats was one that I had learned.

Nearly every night of my entire life a cat has been in my arms; they have guarded me and comforted me and have kept me safe from harm. For many years I have claimed that I have rescued cats, but looking back I truly know much better than that fact; for in the night or in the day a rescued cat found me; and when they did it was the rescued cat that in fact had rescued me.

In dedication to all of the cats, past and present who have kept me safe from harm:

Ursula: 1974 Erica: 1982
Emily: 1994 Boo Boo: 2008
Mr. Waddles: 2010

Penny Lane & Miss Kitty: still kicking.

THE MOUNTAIN YODELER

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Production: Dahlia Grossman
Staff Writers: Lu Bole, Norm Judd

Contributing writers:

Dawn Baertlein, Glenn McConnell, Robert Kerekes, Laura "cha" Verneti, Allaire Koslo, Norm Judd, Mike Pohlig, Linda-Marcella Berg, Cindy Lindaman, Chloe Koslo

Art Editor: Todd Cooper

Soldier's Page Editor: Jan Carlson
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soldiers news

By Jan Carlson, staff writer

Last week, I was privileged to meet one of the soldiers we had sent packages to a few years ago. Eric Pearson and his aunt, Mo Ogan, came to my house for a visit. I was so happy to meet Eric as I had heard so much about him from Mo. He is a very nice gentleman and I am very pleased that he took time out of his schedule to come meet me.

I have only met three or four of the soldiers. I get emails and an occasional phone call from some of them, but usually do not get to meet them in person! So this was a very special occasion for me.

Another year has passed us by and we are still sending packages to the soldiers. Every year at this time I think we might be able to say our soldiers are all home and they can all celebrate the holidays with family and friends.

I don't see that happening in the near future.

When we count our blessings, we all need to remember those keeping our country safe, whether away from home or at home. Most people do not have the freedom we have nor the luxuries we take for granted every day. A couple of those luxuries is being able to go where we want to and usually say what we want to without being killed or thrown into prison.

We need to let these men and women know how much we appreciate them. It has been a long time since this war started, and the novelty has worn off of sending care packages to them. Lets get back into the spirit and let them know we remember they are over there and we appreciate what they are doing!

Right now, the weather in Afghanistan is around 50 degrees in the day and freezing at night. The weather goes from extremely hot in the summer to extremely cold in the winter time.

The soldiers need gloves, scarves, hot chocolate, hot cider, coffee, tea and other hot drinks. They can also use those little warmers you can put in your pocket to keep your hands warm. (they have them for toes, too!)

Most bases have microwaves for the soldiers and small appliances for them to cook on. But some of the best food comes in

the "pop top" or "pop up" cans and containers. These are easy to open and easy to carry if they are away from the base. They are also easy to use for trade or just to give to kids or friends.

I have heard some people say they think the soldiers can get all this stuff on base. The answer is, they may be able to get some of this stuff or a reasonable facsimile, but it isn't the same as it coming from home! It just tastes better coming from home! They can get some of the food, but it isn't always in stock.

It is cold enough to send chocolate, too! I want to thank whoever dropped off that huge box of chocolate bars. They are all on their way to our soldiers.

I want to thank everyone who continues to bring items for the boxes every month. It is very appreciated!! The boxes hold a lot of stuff! The more we can put in, the better. I know everyone shares with friends,

as I have been told this many times.

We need paper back books, jerky, soups, candy, gum, magazines, warm socks, gloves, lip balm, small games, snacks and hot drinks. Use your imagination and send something different!

This year we also donated some money to families of deployed soldiers for Christmas. This is the money that is over and beyond what is determined to be needed for the next year's postage if we send a box a month to the soldiers on our list.

This way we are helping the deployed and their families. We often forget the ones left behind. Some of them struggle just like any one else. They need a little extra help once in a while, too. And they need to know they have friends and people who are thinking about them

I hope you all have a Prosperous and healthy New Year! Thank you from my heart for all the support you have given me for another year.

Our Servicemen and Servicewomen

SrA HEIDI TULEY
332 EMXS/ARMAMENT
APO AE 09315-9997
PFC RICHARDSON, JAROD

HHC 2/6TH INF MORTARS
AMP CARVERS
2 BCT 1 AD
APO AE 09308

SPC RICHARDSON, JACOB
US NIC APO AE 09780
SGT. JONES, MATTHEW
205 TH ASMC
APO AE 09375-0531

SGT. SPRATT, TREVOR A.
MWSS-371 S-6, UNIT 43040
FPO AP 96427-3040

LCPL KALMAN, R.W.
3/4 H + S BASE JUMP
UNIT 41605
FPO AP 96427-1605

BRANDON WARREN
FSC 1-64 AR, FOB Q WEST
APO AE 09351

DC2 BAXTER, JONATHAN
ER DIV/ENG
USS MILIUS DDG 69
FPO AP 96672-1286

SN JANDREW
USS-SHILOH CG 67
OD-DIV
FPO AP 96678-118

AOAN HAGERTY, JOSHUA
Box 22
U.S. JOHN C. STENNIS,
CVN 74
FPO AP 96615-2874

NELSON, ZACHARY
DCO 6-101-AVN
FOB BAGRAN
APO AE 09354

SPC DONATH, OWEN
B TROOP 38LRS ABN
FOB SYKES
APO AE 09351

Spc Denise M Stevens
632nd Maintenance
Co CO Badder Iraq
APO AE 09331

PFC Brandon Martin
HHC CO. 526 BSB,
2 BCT, 101st ABN Division
FOB WILSON
APO AE 09370

First Lt. Housel, Andrew
D B Troop, 2-1
CAV 4-2 SBCT
APO AE 09378

SA Sharpe, Dane M.
320A Dewey Avenue
BEQ834 Room #116
Great Lakes, IL 60088

Fire Safe Council Makes Plans for 2011

By Laura "cha" Verneti

The USDA Forest Service would like residents to know they will be conducting prescribed burns in the area behind the Lakes Community Center. They contact the Fire Safe Council each day they burn, so if you see smoke and want to know if it is a proscribed burn or a fire please call us at 270-9911.

The New Year is a good time to make plans. Here are a few suggestions to get you started: Update or create an emergency telephone list to call for current information and with neighbors' phone numbers. Keep it by the phone. Don't forget to list the Fire Safe Council 270-9911 for up-to-date information on fires and other emergencies.

Get to know your neighbors. Have an out-of-state contact in the event that California phone lines are too busy to handle your call. Have a family plan and a backup plan of where to meet in an emergency.

One very handy idea that I got from Lu Bole is to have a list handy of things you need to take in an evacuation. Things like important documents, medication, clothes, computers, photo albums and other sentimental items. Things can get pretty hectic during an evacuation. Important items can be forgotten. A little planning ahead of time can really make a difference. We welcome any more suggestions you may have.

We missed seeing some of you at Angeles Forest Valleys & Lakes Fire Safe Council's December meeting and Annual Holiday Gathering in Leona Valley. We are grateful for those who did attend. We have been making Personal Packs for some time now so we have it down to a fine art and it went very quickly.

As 2010 comes to a close we are reminded how very thankful we are for the communities' support. Celebrating over eight years in existence, we have so many reasons to be thankful. We truly live in a beautiful place where people know their neighbors and have a common goal to protect what we have. The FSC wants extend our wishes for a safe and joyous holiday season.

We have a lot of great things planned for 2011. We hope to have our free chipping days in Green Valley and the Lakes, and of course our Annual Firefighters Appreciation Day in early September. We finally have our boom, thanks to Southern California Edison. If you would like to get a jump start on tree trimming or removal before the brush clearance season starts, please give us a call. Our brush clearance crews also provide chipping and wood splitting.

We look forward seeing you at our next meeting WEDNESDAY, JANUARY 5, 2011 at the LAKES COMMUNITY CENTER. For more information please call 270-9911. If you would like to be emailed a complete 2011 meeting schedule please send your request to avlfsc@gmail.com.

Lakes Girl Wins Award

Congratulations to Chloe Koslo, who won \$100 in the All Valley Credit Union art contest. Her school, Sacred Heart, also won \$100 in the contest because of her winning entry.

You can pick up a free calendar from All Valley Credit Union, 15th Street West between K and J. The calendars feature the work of 13 Antelope Valley student artists.

Chloe is a junior staff writer and photographer for The Mountain Yodeler.

January 1, 2011

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The Mountain Yodeler

Real Estate Market: Boom or Bust? Housing Industry Getting Lean by Going Green

By Linda Marcella Berg
Contributing Writer

It happened last November in Chicago when a startling 30,000 plus number of "Greenies" attended the "Greenbuild" conference, where the residential and commercial construction industry had a chance to display the latest technology with building techniques and products. These new innovative products and methods utilize our natural resources of sun and wind-driven power, save us money in the long run and protect our planet's environment at the same time.

McGraw-Hill Construction, for one, pegs the residential green-construction market at \$12 to \$17 billion in 2010. That's a lot of green stuff being spent on green. California First State to go Green

California is the first state to adopt a green building-standards code, called the CALGreen Code, which takes effect January 1st 2011. The areas of regulation will specifically include energy efficiency, indoor air quality, water conservation, site development and recycling. Contractors have no choice but to jump on the green bandwagon and figure ways to integrate green techniques and materials into their business.

Upgrades for existing homes to go green is getting a helping hand from our Federal Housing Administration with "PowerSaver" loans up to \$25,000 available to homeowners who install energy-efficient products like water heaters, insulation, solar panels and geothermal heating systems. This results in long-term savings for the homeowner, with an initial sacrifice of time and money up front.

The Latest Green Innovations

There are extreme cases of going green and there are simple every day actions we can all take to help the planet we live on. One extreme example displayed at the Chicago convention was the dual-flush toilet that also includes a small hand basin on the top of its tank. When the toilet is flushed, the water system directs clean water through an integrated faucet for someone to wash their hands. That sink water then drains into the toilet tank to be used for the next flush. Are you thinking what I'm thinking? Sobriety tests may be necessary after excessive drinking before

they use the facility.

In the category of money-saving devices, ThinkEco unveiled the Modlet, an electrical outlet system that plugs into an existing outlet and uses a USB connection to wirelessly communicate with a personal computer. Plug up to two electronic devices into it, whether a coffee-maker, cable television box or a printer, and the Modlet can monitor usage and automatically cut power to a device after time. (Hal, please turn my computer back on....1970's movie trivia.) This is a \$40.00 device and will be introduced to the broader consumer market at the International Consumer Electronics Show in January.

There are other green examples that are both fascinating and cutting-edge, such as a smog-eating rooftop. MonierLifetile LLC introduced a roof tile, labeled Smog-Eating, which contains titanium dioxide, a photo-catalytic agent. When the roof is exposed to sunlight, the catalyst speeds the oxidation process. The company claims that over the course of a year, 2,000 square feet of tile can destroy a comparable amount of nitrogen oxide to what a car produces from driving 10,800 miles.

In fact, earlier in 2010, that same company installed those roofs on five prototype homes built by KB Homes in our very own West Lancaster, California.

If you want to learn more about the simple or complex things you can do to transform your home into a green machine, I would recommend the website greenhomeguide.com which offers different articles of interest, resources for products, and an "ask a pro" section where you can get answers direct from members of the green building community. It's not a "sales" website where you are connected with people trying to sell you something. It's just an informative site.

While I'm Irish and quite partial to the color green anyway, it appears this color is here to stay as we become more aware and responsible with regards to the precious planet we live on.

Happy New Year in 2011 and let's all live long and prosper!
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The Way I See It! Don't Ask, Don't Tell!

An Opinion by Norm Judd

At a time when our lame duck Congress has repealed Don't Ask, Don't Tell, many don't understand the objections over admitting Gays in the military. At the risk of being labeled "not politically correct" perhaps I can help.

Among my close friends, neighbors, and family who are Gay, I recall only one discussion about that fact. During a family party (at my wife's urging) I invited a young lady to dance. She asked, "Norm, do you know I'm Gay?" I responded, "Can't Gays dance?" She laughed and was a great dancer. She made the Army her career without "telling" and has been in a committed lesbian relationship for years.

While enforcing laws prohibiting offensive public sexual behavior, I found lesbians discreet. Gay males however, were sexually rampant in public parks, toilets, movie theaters, YMCAs, steam baths, and bars. When arrested most said they were seduced and "chose" that lifestyle. Gay sex was easier and cheaper than wooing women.

Homophobic abuses of the past have mostly ended, but Gays aren't satisfied and are responsible for repeal of DADT and assault on traditional marriage. Homosexual organizations and the ACLU intimidate politicians, religious leaders, and the entertainment industry who yield to their unreasonable demands for special recognition and legislation.

Concerning DADT, when I served in Naval Air Reserve Squadron VF 774 during the Korean War, I didn't volunteer as a "heterosexual." Sleeping in barracks, showering communally, socializing, etc, there were no sex problems. Former military Geezers agree: "If Gays don't bother other personnel and do their jobs, that's fine." So why do Gays demand to "announce" their homosexuality. Could their motivation be the same as Gays wanting to be Boy Scout Masters?

When I Googled "Don't Ask, Don't Tell" opinions on both sides were vast. A.B. Lowther, an 11-year veteran Naval officer and author disagrees with Secretary of Defense Robert Gates. Lowther says, "DADT is all about sex!" Mixing a "third sex" into the close community aboard a ship would introduce problematic relationships and "diminish harmony and discipline" as happened when women were first allowed into combat assignments. And he joins others who believe repeal will cost lives and keep a lot of Christians from enlisting.

DADT has worked for 17 years, and Congress has taken yet another step in what two-thirds of Americans believe is "the wrong direction." Remember Gay guys are anatomically male but sexually attracted to men. So what about toilet, shower or sleeping arrangements? Men, can you imagine being a 20-year-old sailor, living in forced sexual abstinence, showering daily with nine naked, sexually starved women? Would that distract you from vital technical duties? The repeal of DADT will embolden Gays to recruit others.

Circa 1962, working Hollywood vice, I engaged in discussions with the Marine Corps concerning Marines catching VD from Gays in Hollywood. L.A. County Health Officials concluded that homosexual men were "obsessed by their sexuality and 11 times more promiscuous than heterosexuals." Military personnel were easy conquests when Gays offered money, an apartment, and a lot of sex, all during two days liberty.

Consensual adult sex behind closed doors is no one's business. But there are few closed doors in the military and Congress was wrong to complicate the lives of those in our Armed Forces.

If you respond, I won't ask if you are Gay. So please don't Tell! How do you feel about, "The Way I See It!"



Waiting for Santa at the Lakes Community Center. Photo: David Hall. More photos, next month.

Letter to the Editor

To the editor:

One of the main reasons that I decided to buy a home in Lake Elizabeth was because I read a copy of the Yodeler about eight years ago.

I asked the seller of the house if I could take it with me to read. They were nice enough to consent.

I drove around through the Lakes and surrounding communities, stopping by the Elizabeth lake picnic area, and perused the Mountain Yodeler.

I knew right then that I wanted to live here and try to be a part of this wonderful community.

I have since joined the Lakes Woman's Club and the Lakes and Valleys Art Guild.

I have met so many really nice, caring and interesting people since I have lived here. I feel very blessed to be a part of all of you.

Please support the Mountain Yodeler in ways that you can. This local newspaper greatly helps unite us all.

I also want to publicly say thanks to the Yodeler editor, Dahlia Grossman, for keeping all of us connected and informed.

Sincerely,
Rita H. Mitchell

On Location in Green Valley with the Crew of *Justified*



Actor Alex Solowitz reads *The Yodeler*.



Nathan Sutton taking a break with *The Yodeler*.



Steven Grothe of Cinema Audio Society keeps up on local news.

Photos: Cindy Lindaman



Yodeler staff photographer Cindy Lindaman shmoozes with the crew.



Cindy on the set.



"Plenty of action," says Cindy, "blowing up things, robbery at the Kentucky coal mine. Filming will proceed in January."

Breakfast with Santa

By Cindy Lindaman
The Green Valley Charitable Hall was the happening place on December 5! Not only was the food plentiful but there were many little faces lit up as a visit with Santa Claus made their day. Santa gave the kiddies a small gift of goodies and a positive mention of being good all year long. Many hungry folks joined us and went away with a smile on their faces. (The cook took that as a good thing!)



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